

# A Beginner's Guide to Vaping

Whether you are a newbie or a past smoker you must look into this guide for a better understanding of its working and its uses. It is more than an instruction manual so better to read it at once because here we will also grill and try to give you a better understanding. We will discuss vaping. Its tools like [vape cartridge](#), heating coil and battery and its fuel that is called vaping liquid or e-liquid.

## What is Vaping:

In a layman's language, vaping is smoking but in a more controlled way. It is the modern form of smoking but it is 97% less harmful than cigarettes. What do we really want from a conventional cigarette? Scientific research says it is nicotine. But burning tobacco not only releases nicotine but also releases many toxin gases like carbon monoxide and ammonia. So, here's a solution in the form of vaping. Fill the vape cartridge with your favourite flavour and can quench the thirst for nicotine in a more healthy way. Because of vaping or e-cigarettes. You push the button, the heating coil heats the liquid until it evaporates and then you inhale those vapours from the vape cartridge into your lungs. That's how vaping works. There is a piece of free advice for you that if you are a smoker then this transition will put healthy benefits to your health as a whole otherwise who wants to be addicted to nicotine. In the end, push the button only when you are going to inhale otherwise it will burn out.

## Components of vaping device:

Most vapes and e-cigarettes consist of four different components. A vape cartridge or pod. Which holds a liquid solution, cartridge oil or e-liquid. It has varying amounts of nicotine mainly depending upon the variant which you choose from the vaping shop. Or the level of nicotine that you want from your vape cartridge oil in order to neutralise your cravings. E-liquids have different flavours which totally depend upon the user.

The second one is a heating element (atomizer) or heating coil. This coil is directly connected to a DC battery that makes vapours of the vape cartridge oil when the button is pressed.

The third component is a power source, usually a DC power source which is connected from the two sides. From one side it is connected to charging pins and from the other side, it is connected to the vape cartridge oil.

The fourth major component is a mouthpiece that the person uses to inhale the vapours of the vape cartridge oil. Now there are two types of inhaling: one in MTL means mouth to lungs and the other type is direct to lungs (DTL). MTL depends on the capacity of the mouth and DTL works according to the capacity of your lungs.

## E-liquid and its complex structure:

The chemical composition of e-liquid or vape cartridge oil is complex but we will mention the names of their components. E-liquid has four major components namely nicotine, propylene glycol (PG), vegetable glycerine (VG) and flavour.

